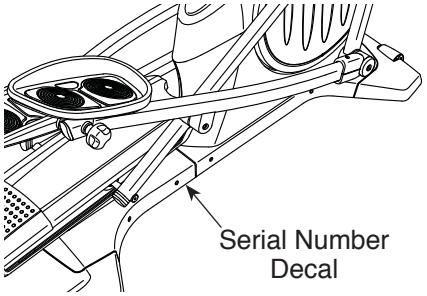
NordicTrack E 9.0

www.nordictrack.com

Model No. NTEL01011.0
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

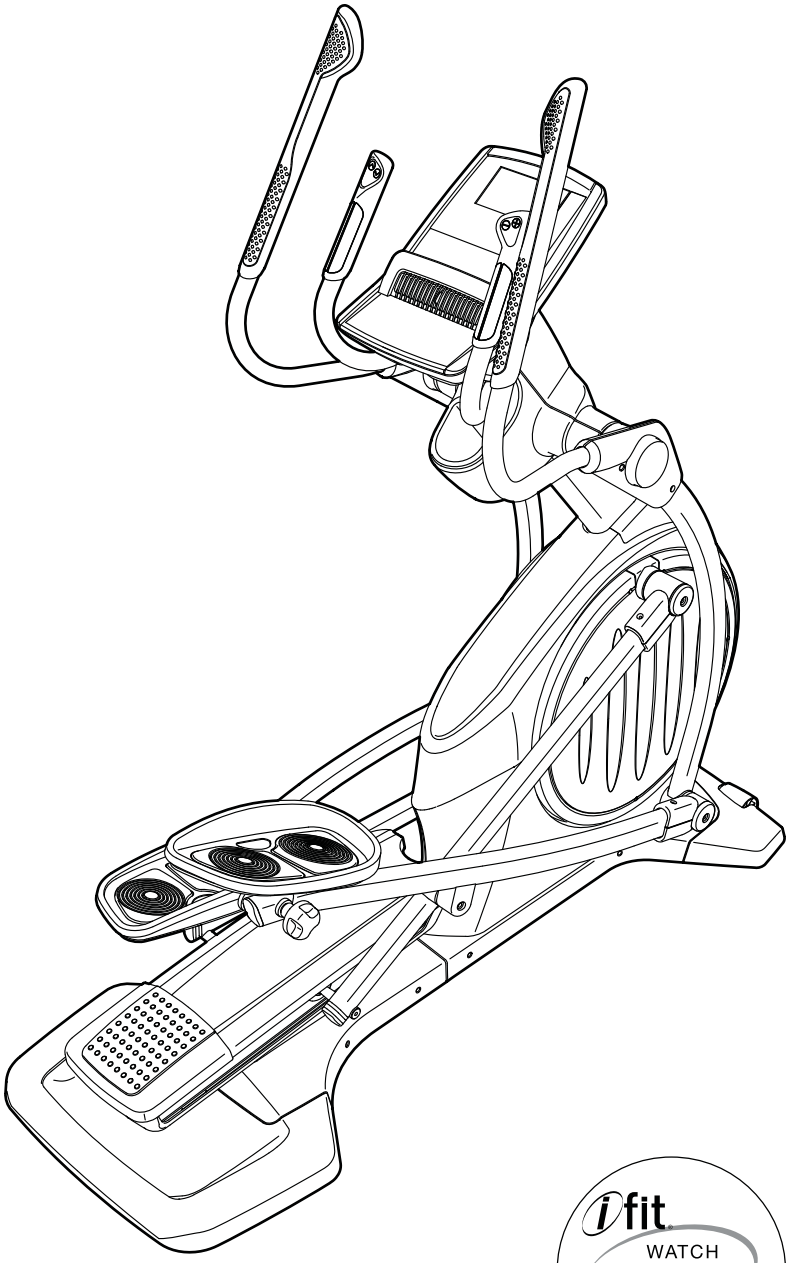
1-800-TO-BE-FIT
(1-800-862-3348)
Mon.–Fri., 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.nordictrackservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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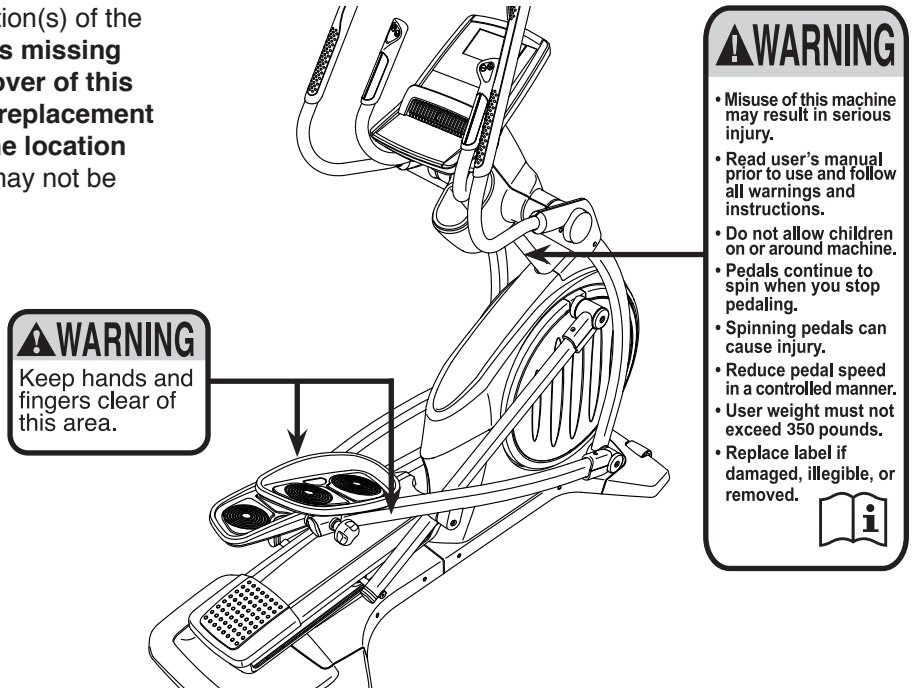
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
Keep hands and fingers clear of this area.
WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Pedals continue to spin when you stop pedaling.
• Spinning pedals can cause injury.
• Reduce pedal speed in a controlled manner.
• User weight must not exceed 350 pounds.
• Replace label if damaged, illegible, or removed.

NORDICTRACK is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

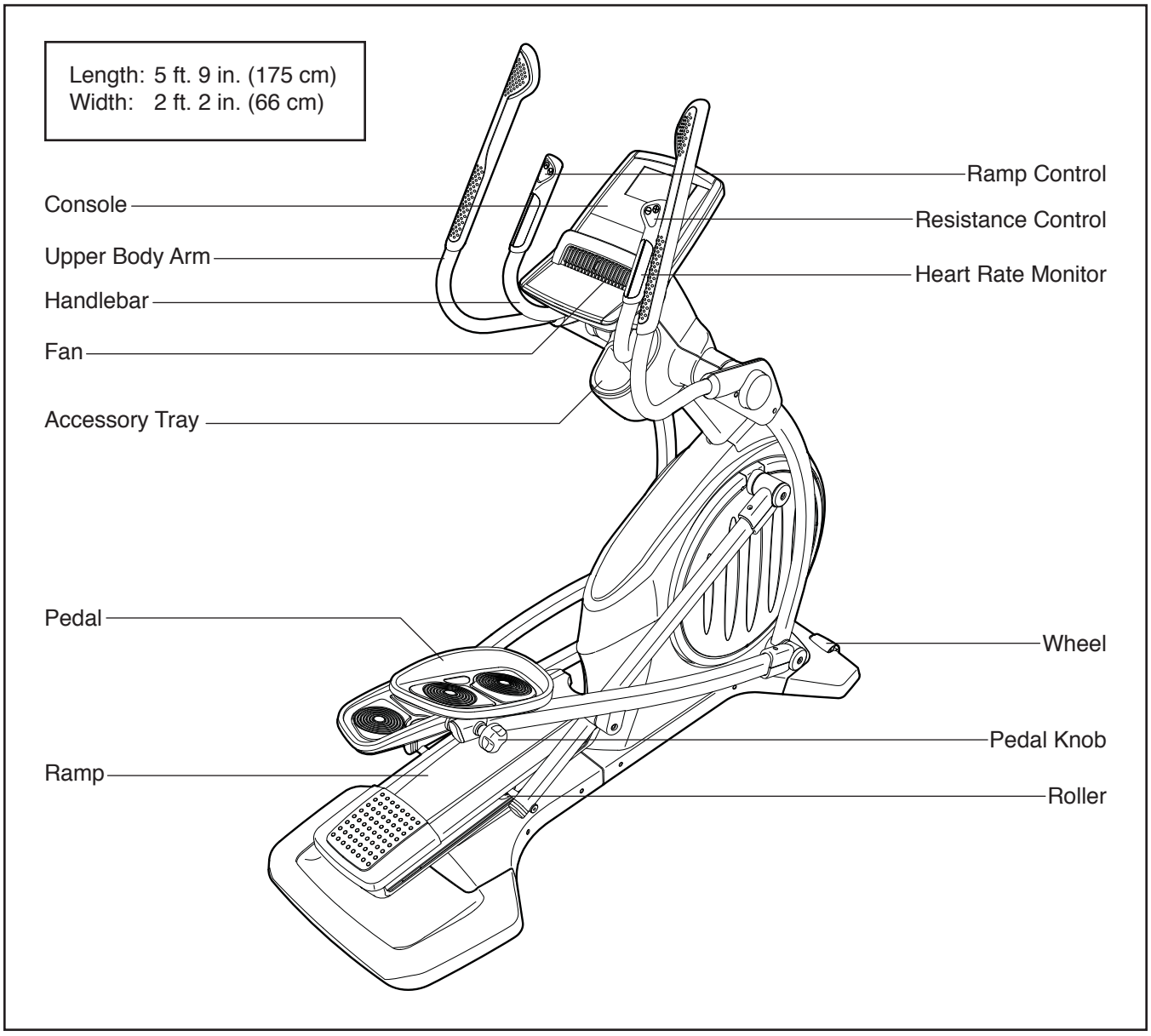
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **Use the elliptical only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.**
4. **The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.**
5. **Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.**
6. **Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.**
7. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
8. **Keep children under age 12 and pets away from the elliptical at all times.**
9. **The elliptical should not be used by persons weighing more than 350 lbs. (159 kg).**
10. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.**
11. **Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.**
12. **The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**
13. **The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.**
14. **Keep your back straight while using the elliptical; do not arch your back.**
15. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® E 9.0 elliptical. The E 9.0 elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

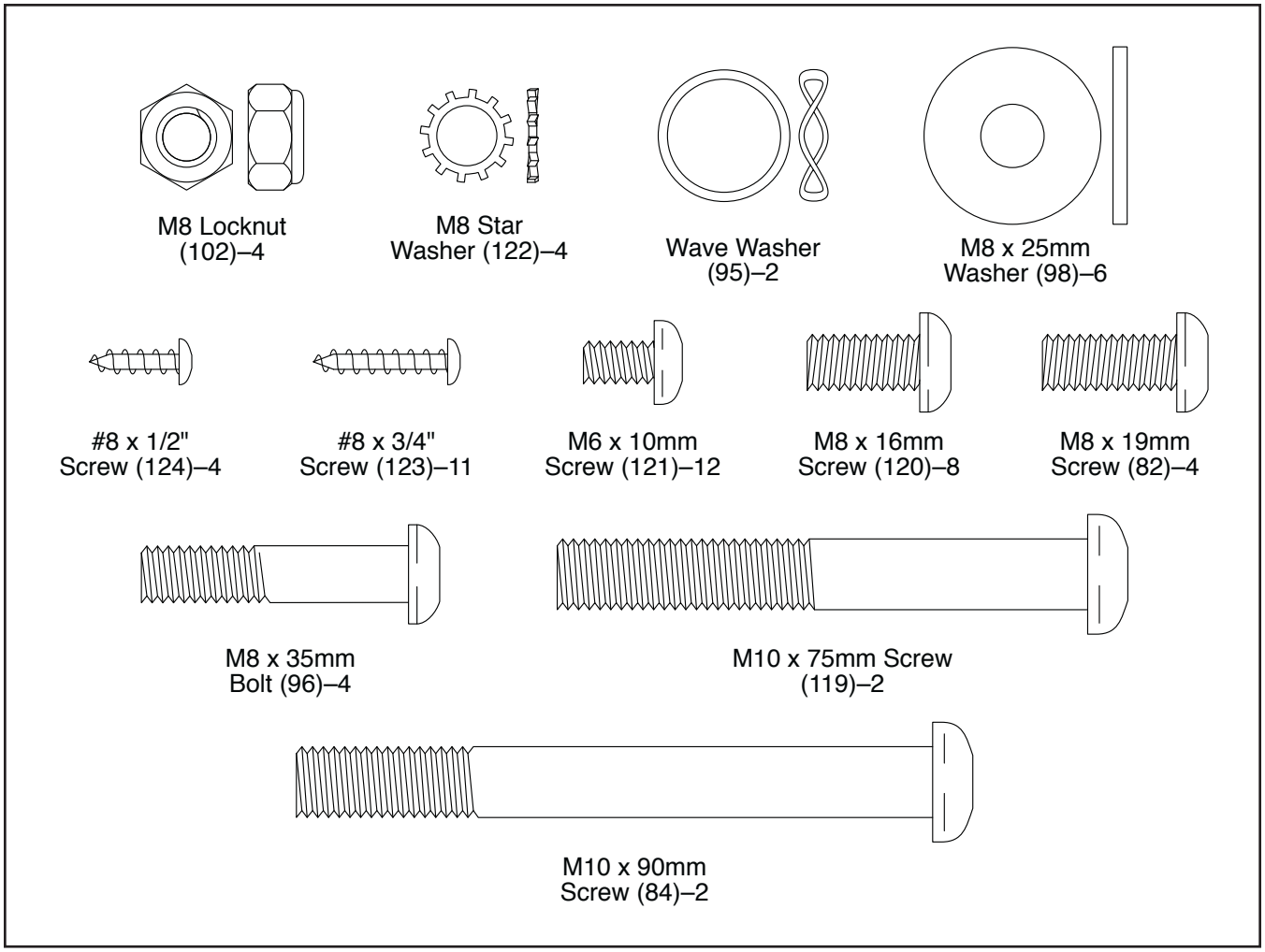
For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



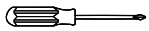
PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.
- To identify small parts, see page 5.
- Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.
- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver 

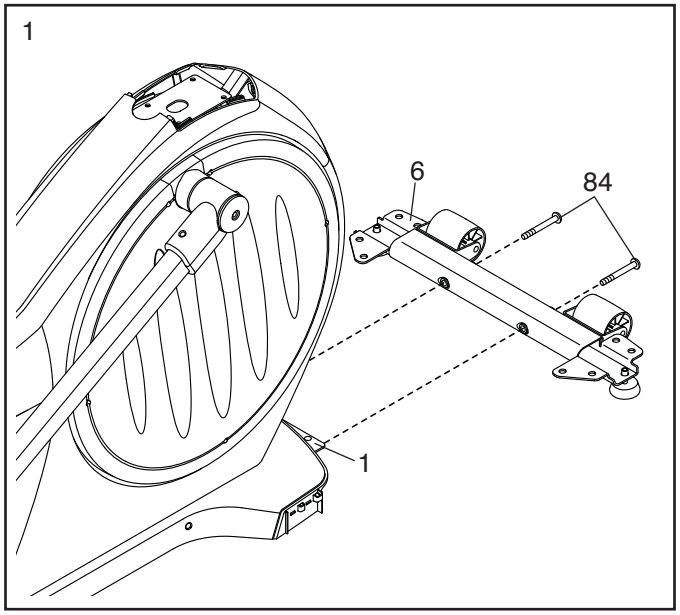
one adjustable wrench

one rubber mallet

1. Remove the screws (not shown) and the shipping bracket (not shown) from the front of the Frame (1). Discard the screws.

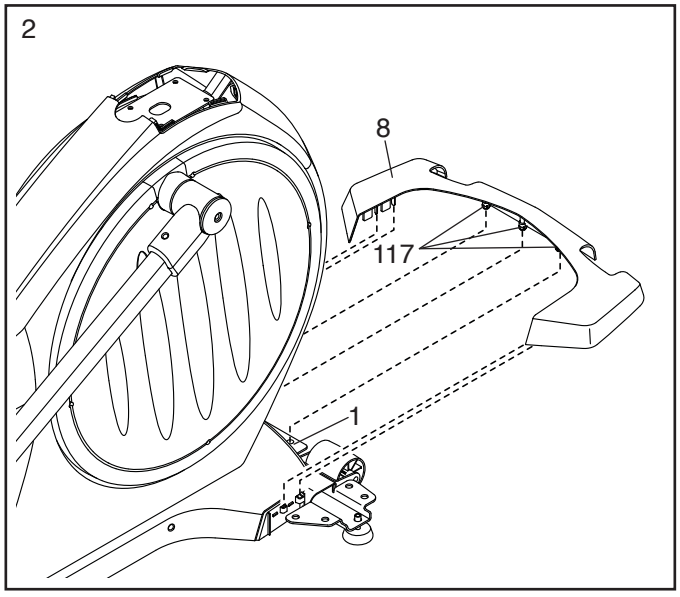
   With the help of a second person, place the shipping bracket (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

   Attach the Front Stabilizer (6) to the Frame (1) with two M10 x 90mm Screws (84). Then, remove and discard the shipping bracket (not shown).



2. Orient the Front Stabilizer Cover (8) as shown.

   Press the Mounts (117) (only three are shown) on the underside of the Front Stabilizer Cover (8) into the Frame (1). Then, press the Front Stabilizer Cover into place.



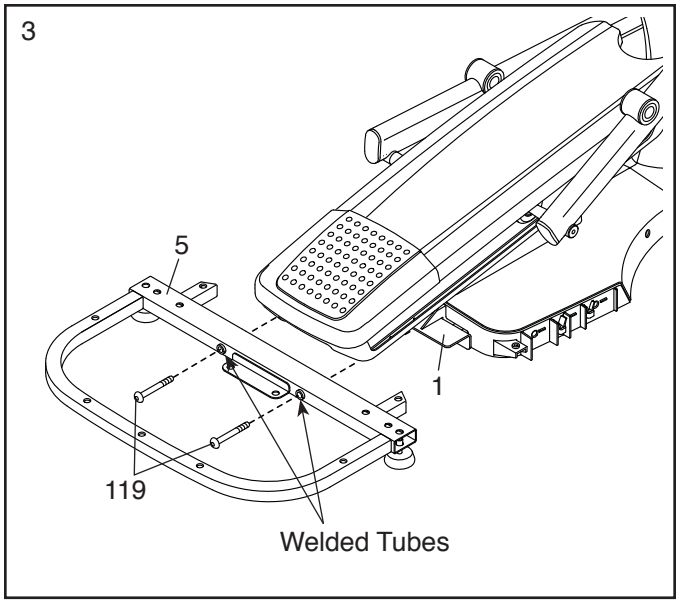
3. Remove the screws (not shown) and the shipping bracket (not shown) from the rear of the Frame (1). Discard the screws.

   With the help of a second person, place the shipping bracket (not shown) under the rear of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

   Orient the Rear Stabilizer (5) so that the welded tubes are in the locations shown.

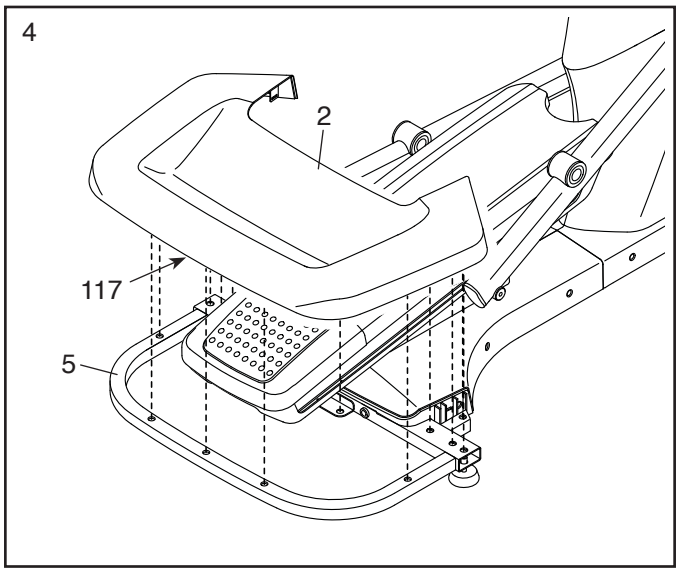
   Attach the Rear Stabilizer (5) to the Frame (1) with two M10 x 75mm Screws (119).

   Then, remove and discard the shipping bracket (not shown).



4. Orient the Rear Stabilizer Cover (2) as shown.

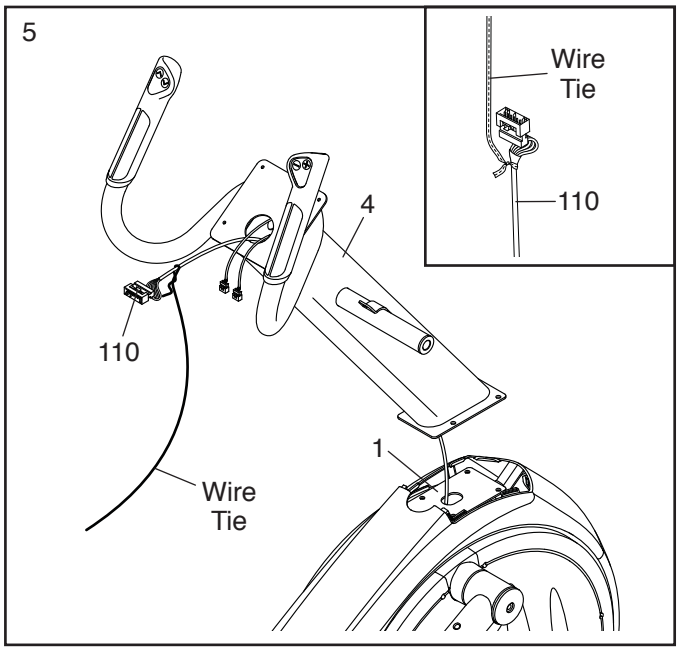
   Press the Mounts (117) on the underside of the Rear Stabilizer Cover (2) into the Rear Stabilizer (5). Then, press the Rear Stabilizer Cover into place.



5. Have a second person hold the Upright (4) near the Frame (1).

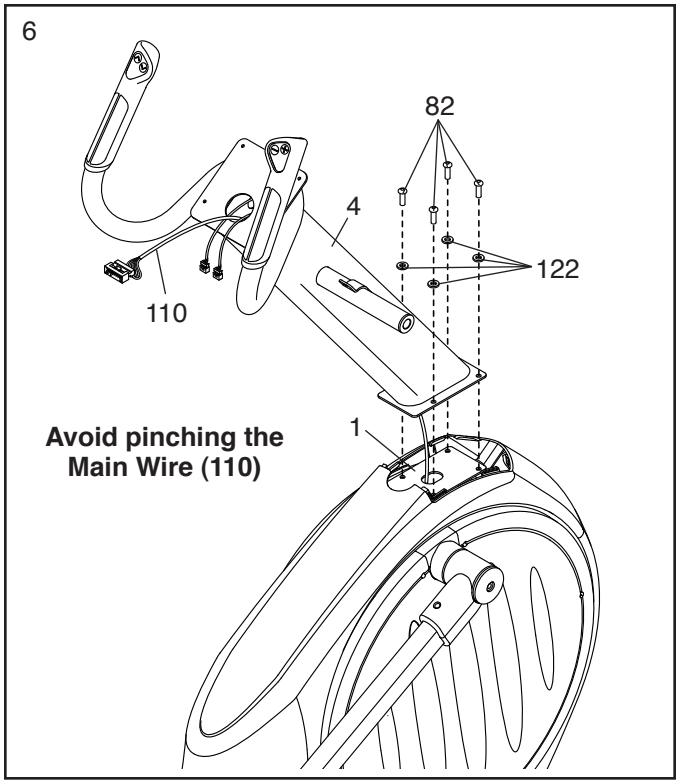
   See the inset drawing. Locate the wire tie in the lower end of the Upright (4). Tie the wire tie to the Main Wire (110). Then, pull the upper end of the wire tie until the Main Wire is routed through the Upright.

   Tip: To prevent the Main Wire (110) from falling into the Upright (4), secure the Main Wire with the wire tie.



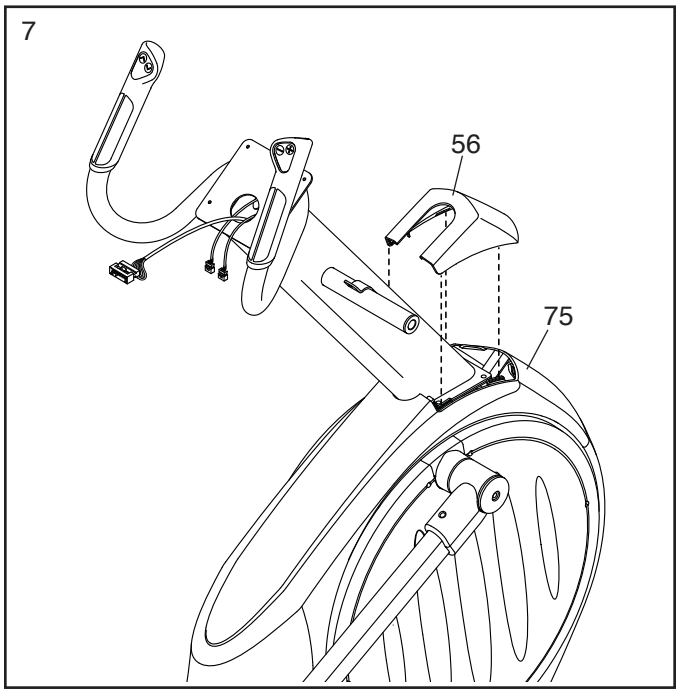
6. **Tip: Avoid pinching the Main Wire (110).** Set the Upright (4) on the Frame (1).

   Attach the Upright (4) with four M8 x 19mm Screws (82) and four M8 Star Washers (122).



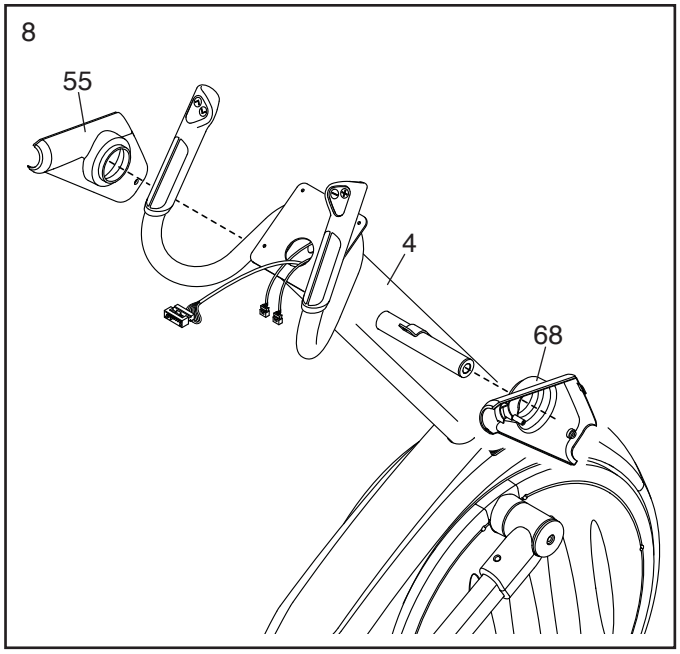
7. Orient the Lower Upright Cover (56) as shown.

   Press the Lower Upright Cover (56) into the Shield Cover (75).



8. Identify the Left and Right Inner Covers (55, 68), which are marked with “Left” and “Right” stickers, and orient them as shown.

   Slide the Left Inner Cover (55) onto the left side of the Upright (4). Then, slide the Right Inner Cover (68) onto the right side of the Upright.



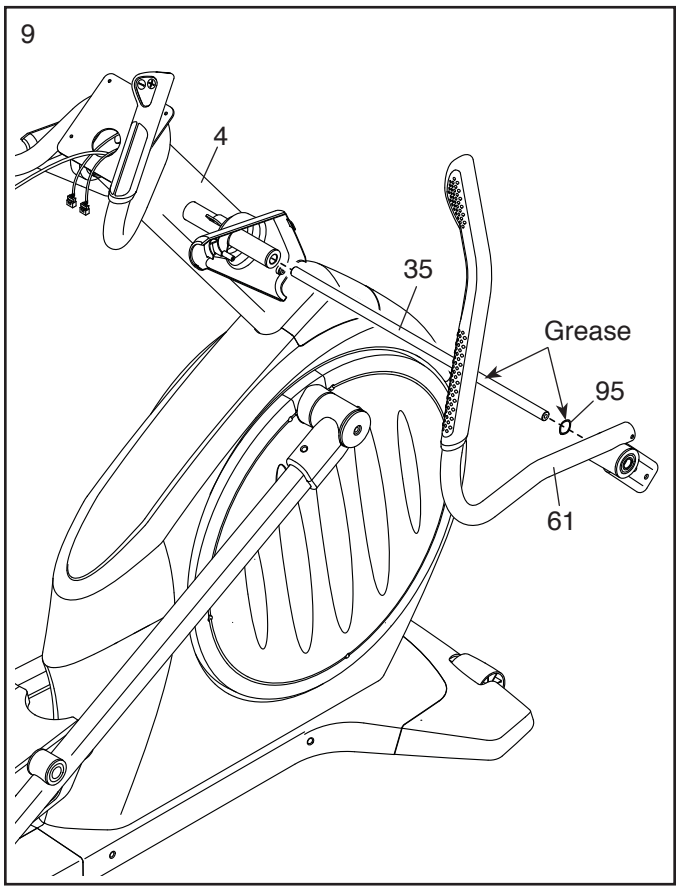
9. Using a small plastic bag to keep your fingers clean, apply some of the included grease to the Pivot Axle (35) and to two Wave Washers (95).

   Insert the Pivot Axle (35) through the Upright (4) and then center it. **Tip: It may be helpful to use a rubber mallet.**

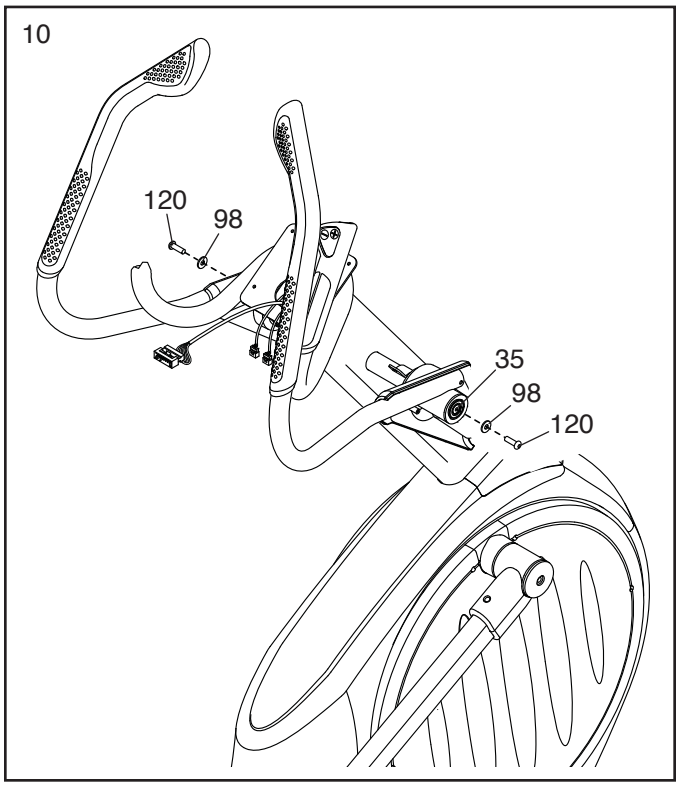
   Identify the Right Upper Body Arm (61), which is marked with a “Right” sticker, and orient it as shown.

   Slide a Wave Washer (95) and the Right Upper Body Arm (61) onto the right side of the Pivot Axle (35).

   Repeat these actions for the Left Upper Body Arm (not shown).



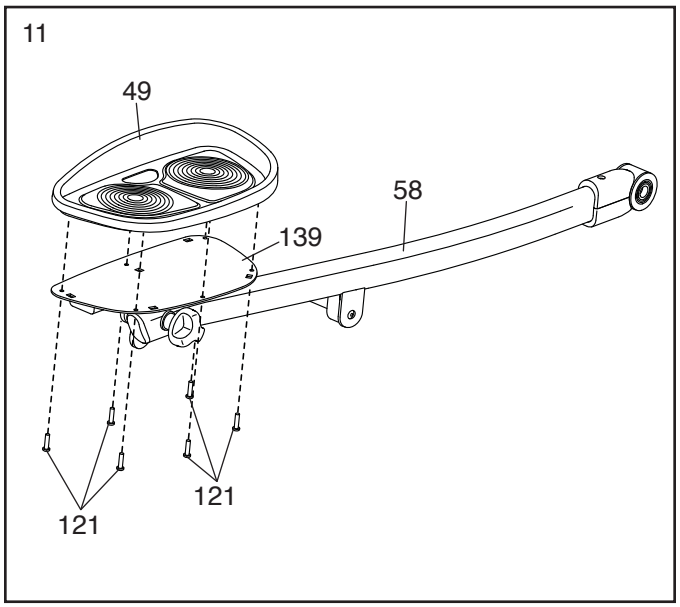
10. Tighten an M8 x 16mm Screw (120) and an M8 x 25mm Washer (98) into each end of the Pivot Axle (35) **at the same time.**



11. Identify the Right Pedal (49) and the Right Pedal Arm (58), which are marked with “Right” stickers, and orient them as shown.

    Attach the Right Pedal (49) to the Right Pedal Bracket (139) on the Right Pedal Arm (58) with six M6 x 10mm Screws (121).

    Repeat this step for the Left Pedal (not shown) and the Left Pedal Arm (not shown).

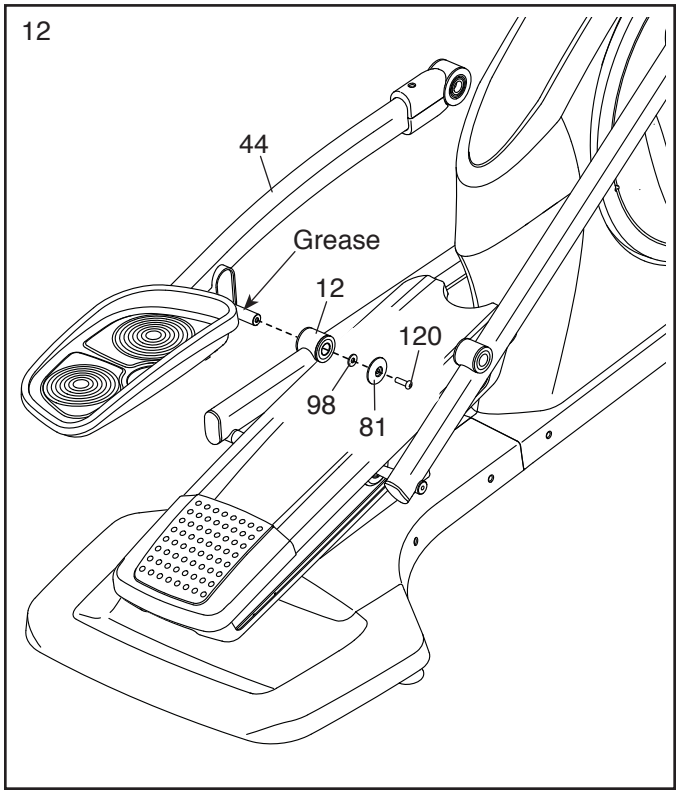


12. Orient the Left Pedal Arm (44) as shown.

Apply grease to the axle on the Left Pedal Arm (44).

Attach the Left Pedal Arm (44) to the Left Roller Arm (12) with an M8 x 16mm Screw (120), a Roller Arm Cover (81), and an M8 x 25mm Washer (98).

Repeat this step for the Right Pedal Arm (not shown).



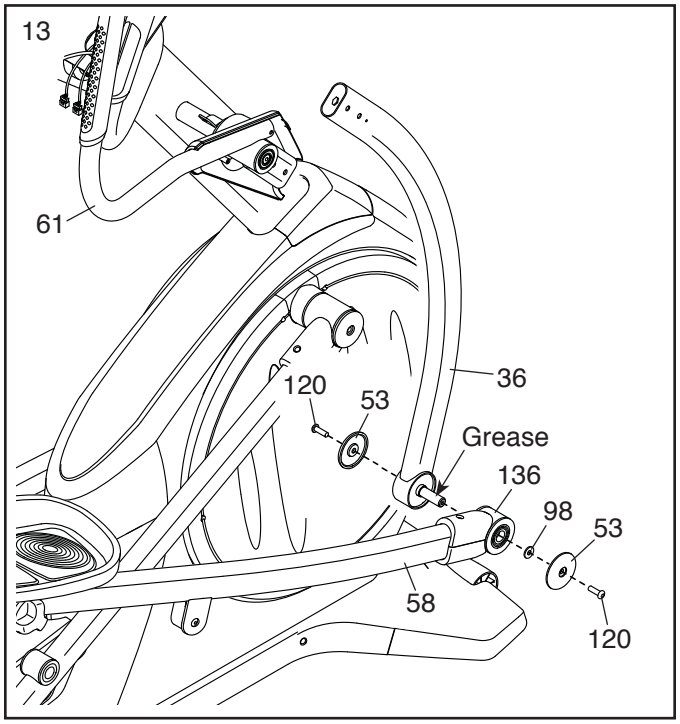
13. **Tip: Do not insert the Right Upper Body Arm (61) into the Right Upper Body Leg (36) until step 14.**

Orient the Right Upper Body Leg (36) as shown. Apply grease to the axle on the Right Upper Body Leg.

Slide the Pedal Arm Flex Bracket (136) on the Right Pedal Arm (58) onto the Right Upper Body Leg (36).

Attach the Pedal Arm Bracket (136) to the Right Upper Body Leg (36) with two M8 x 16mm Screws (120), two Axle Covers (53), and an M8 x 25mm Washer (98). **Do not fully tighten the Screws yet.**

Repeat this step on the other side of the elliptical.

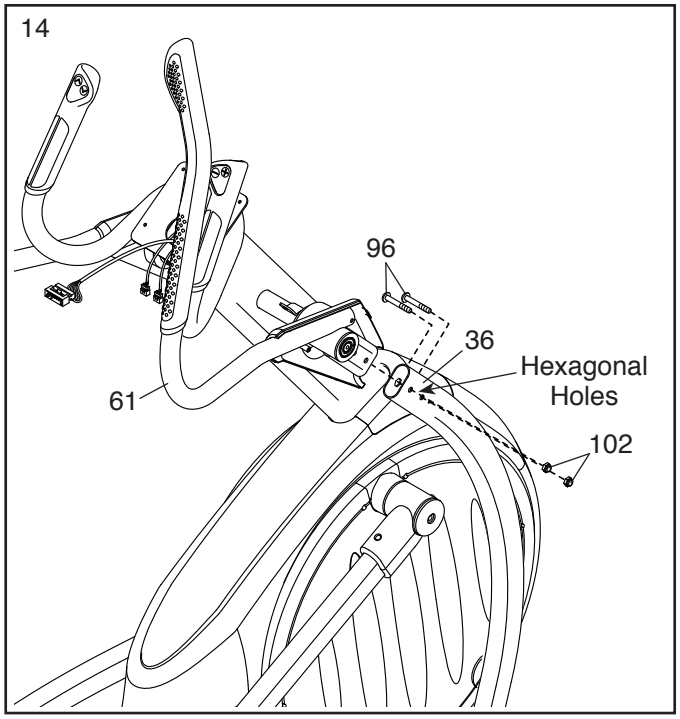


14. Insert the Right Upper Body Arm (61) into the Right Upper Body Leg (36).

    Attach the Right Upper Body Arm (61) with two M8 x 35mm Bolts (96) and two M8 Locknuts (102). **Make sure that the Locknuts are in the hexagonal holes.**

    Repeat this step on the other side of the elliptical.

    See step 13. Tighten the M8 x 16mm Screws (120).

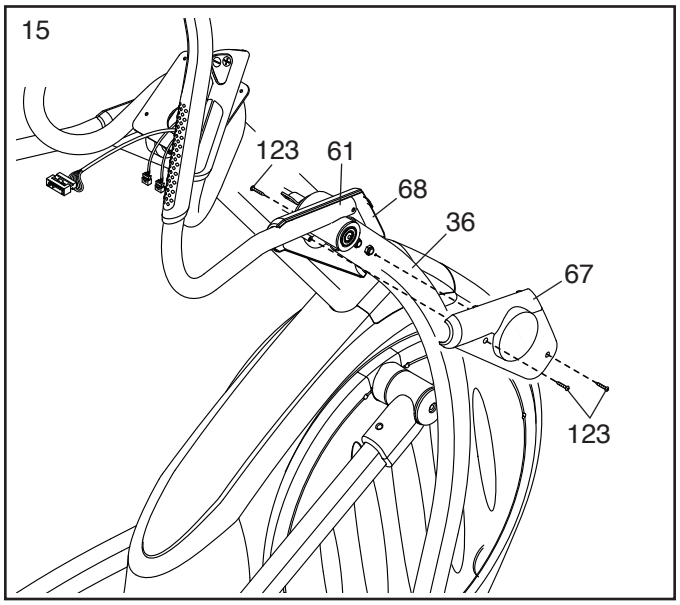


15. Attach the Right Inner Cover (68) to the Right Upper Body Arm (61) with a #8 x 3/4" Screw (123).

    Identify the Right Outer Cover (67), which is marked with a “Right” sticker, and orient it as shown.

    Attach the Right Outer Cover (67) to the Right Inner Cover (68) and the Right Upper Body Leg (36) with two #8 x 3/4" Screws (123).

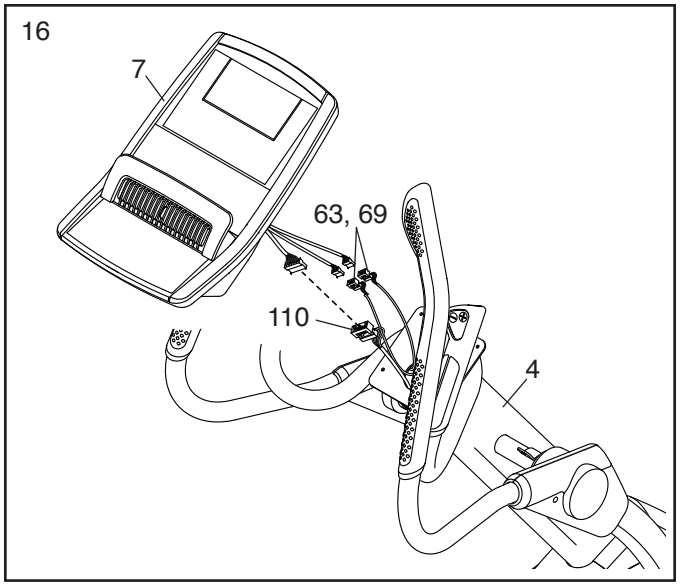
    Repeat this step on the other side of the elliptical.



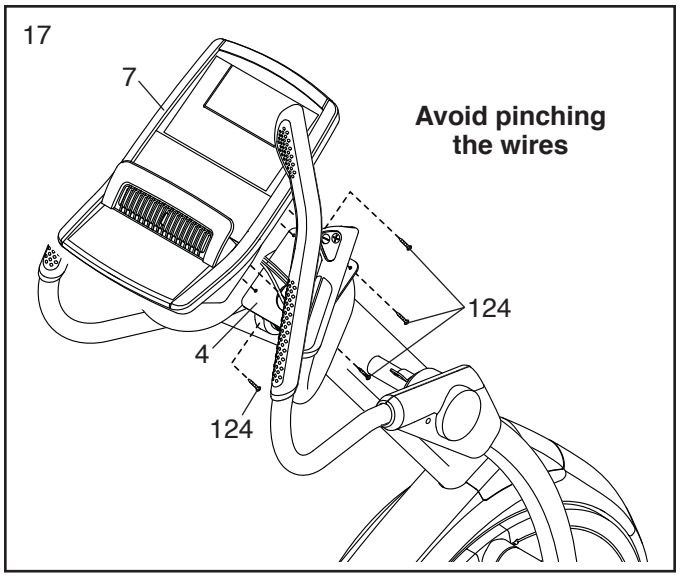
16. Untie and discard the wire tie on the Main Wire (110).

    While a second person holds the Console (7) near the Upright (4), connect the wires on the Console to the Main Wire (110) and to the Right and Left Sensor Wires (63, 69).

    Insert the excess wire into the Upright (4) or into the Console (7).

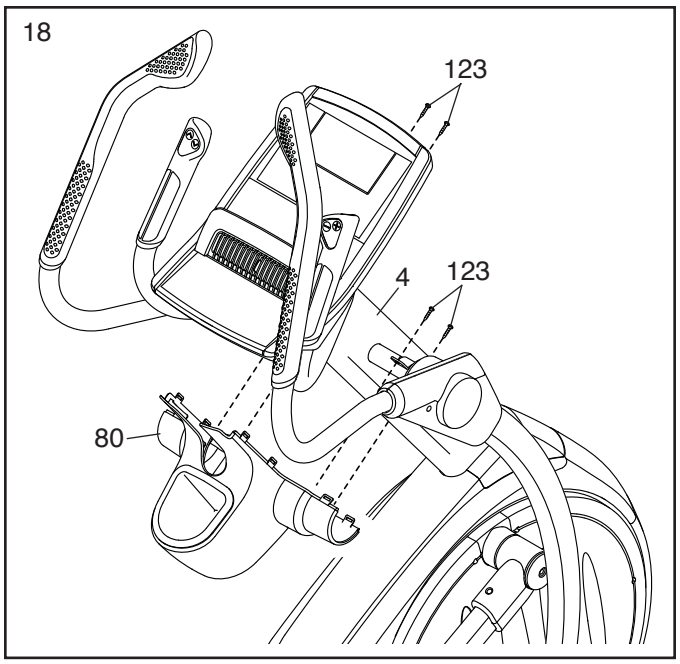


17. **Tip: Avoid pinching the wires.** Attach the Console (7) to the Upright (4) with four #8 x 1/2" Screws (124).



18. Orient the Rear Upright Cover (80) as shown.

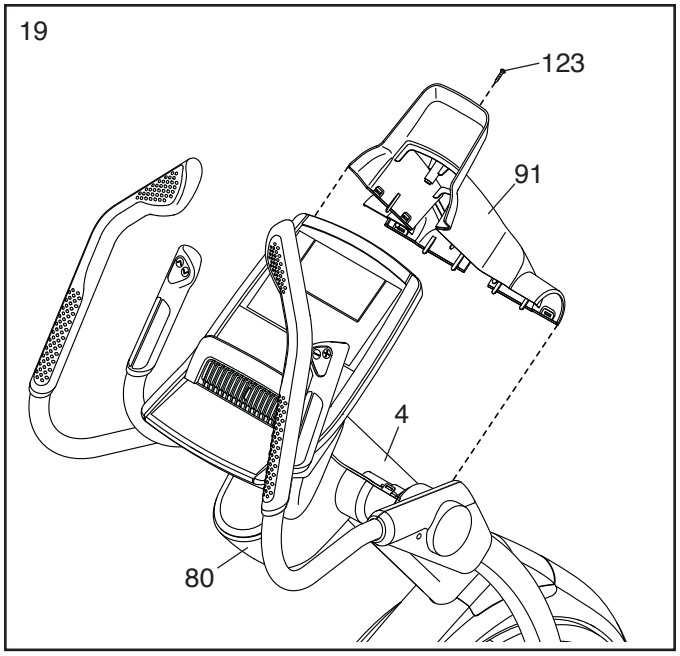
    Attach the Rear Upright Cover (80) to the Upright (4) with four #8 x 3/4" Screws (123).



19. Orient the Front Upright Cover (91) as shown.

Press the Front Upright Cover (91) into the Rear Upright Cover (80).

Attach the Front Upright Cover (91) to the Upright (4) with a #8 x 3/4" Screw (123).

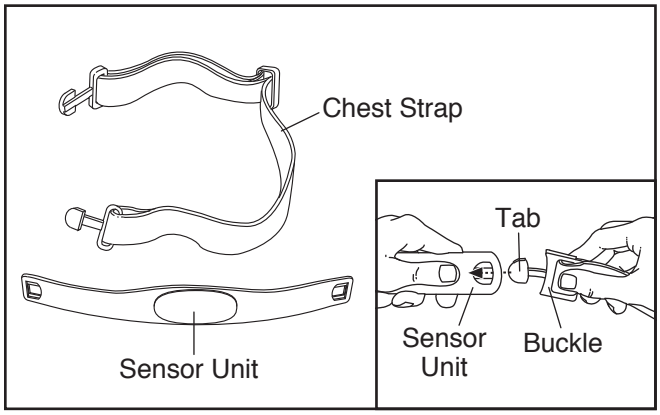


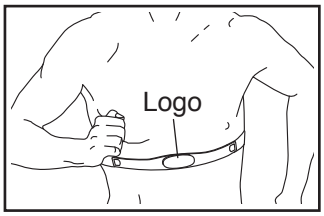
20. **Make sure that all parts are properly tightened before you use the elliptical.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the elliptical to protect the floor.

HOW TO USE THE HEART RATE MONITOR

HOW TO PUT ON THE HEART RATE MONITOR

The heart rate monitor has two components: a chest strap and a sensor unit (see the drawing below). Insert the tab on one end of the chest strap into one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.





Next, wrap the heart rate monitor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The heart rate monitor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.

Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CARE AND MAINTENANCE

- Dry the heart rate monitor after each use. The heart rate monitor is activated when you wet the electrode areas and put on the heart rate monitor; the heart rate monitor shuts off when it is removed and the electrode areas are dried. If the heart rate monitor is not dried after each use, the battery may be drained prematurely.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor to direct sunlight for extended periods of time or to temperatures above 122° F (50° C) or below 14° F (-10° C).
- Do not excessively bend or stretch the sensor unit when using or storing the heart rate monitor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. Hand wash and air dry the heart rate monitor.

TROUBLESHOOTING

If the heart rate monitor does not function properly, try the suggestions below.

- Make sure that you are wearing the heart rate monitor as described at the left. Note: If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- Position yourself near the console. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the elliptical.

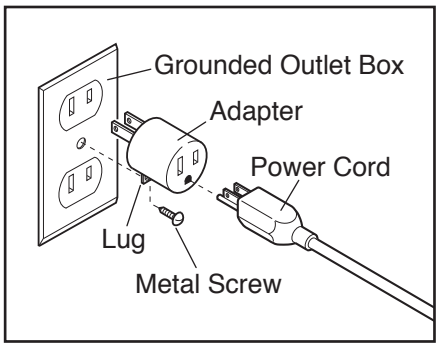
HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER CORD

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. This product is for use on a nominal 120-volt circuit. IMPORTANT: The elliptical is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

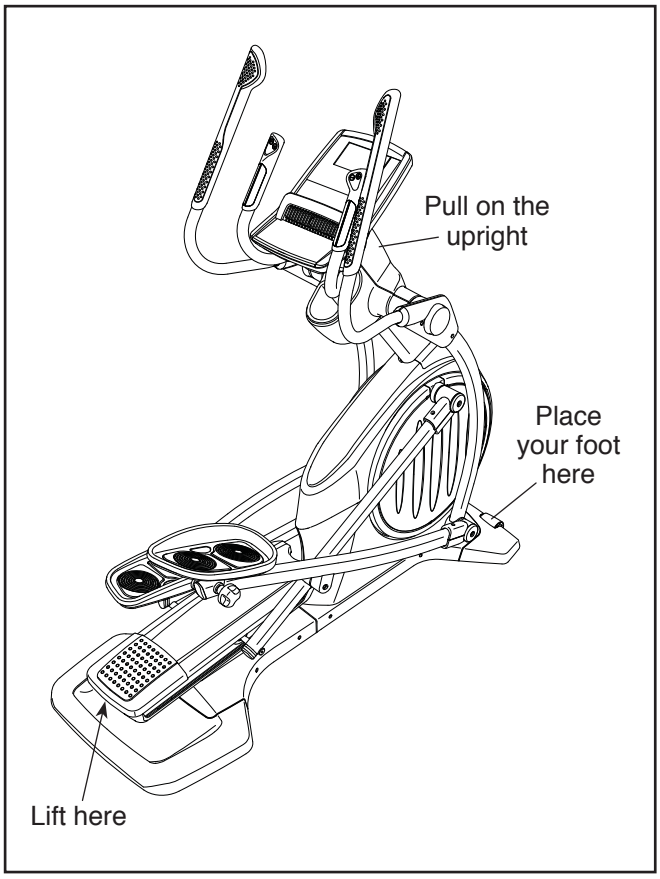


A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.

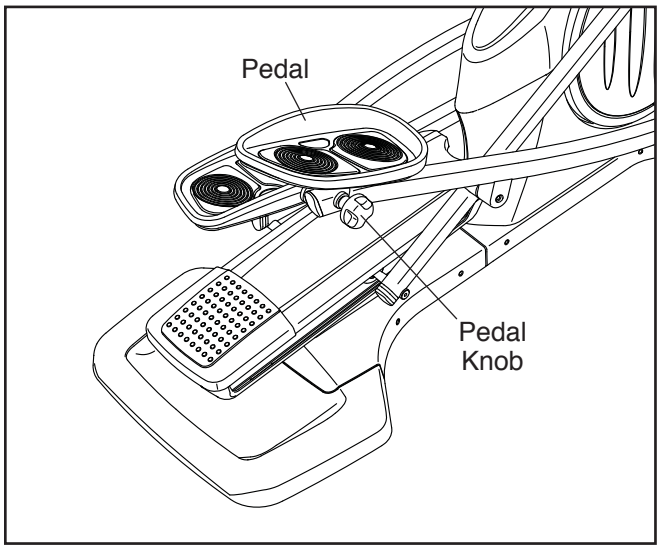
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the handle on the ramp until the elliptical will roll on the front wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



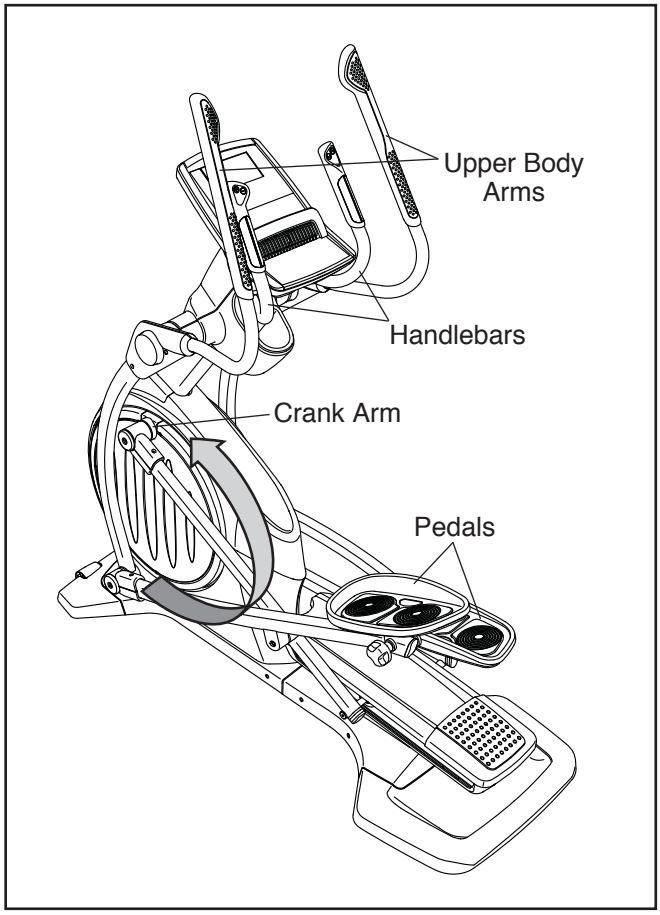
HOW TO ADJUST THE POSITIONS OF THE PEDALS

Each pedal can be adjusted to several positions. To adjust each pedal, simply lift the pedal and turn the pedal knob beneath the pedal. **Make sure to adjust both pedals to the same position.**



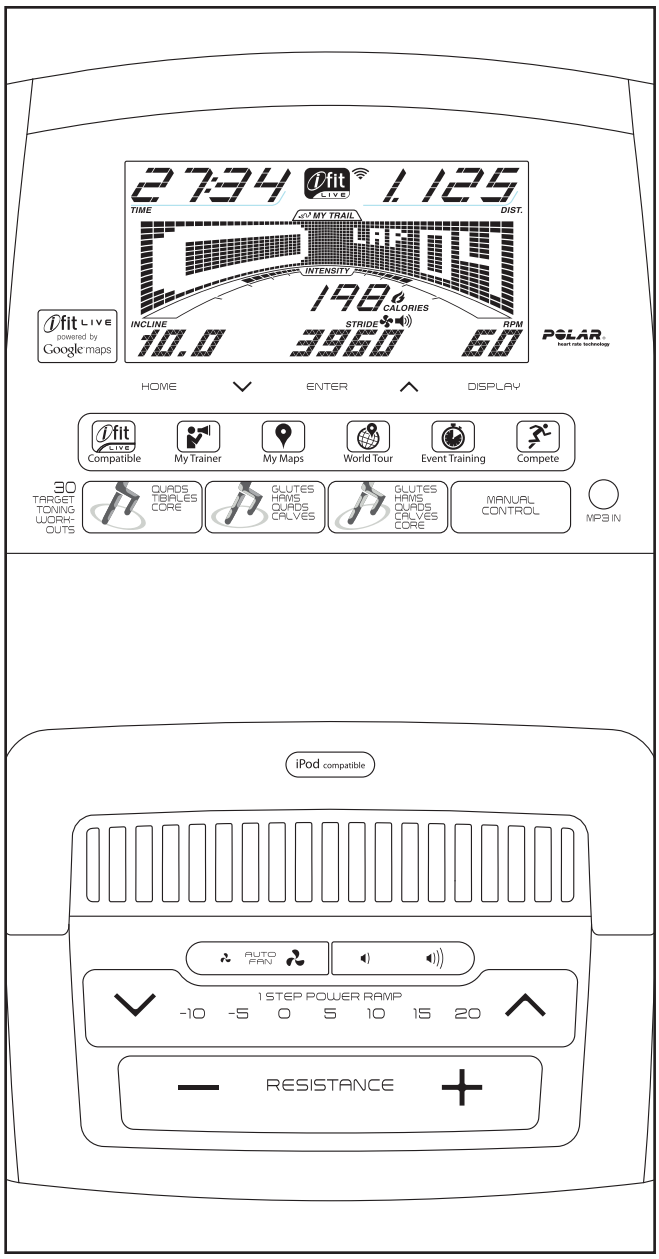
HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the upper body arms or the handlebars and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow; however, for variety, you can turn the crank arms in the opposite direction.**



To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals and the incline of the ramp with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or the included chest heart rate monitor.

In addition, the console offers thirty target toning workouts designed to work different muscle groups. Each workout automatically changes the resistance of the pedals and the incline of the ramp and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console also features revolutionary iFit Live technology that enables the console to communicate with your wireless network through an optional iFit Live module. With the iFit Live mode, you can download personalized workouts, create your own workouts, track your workout results, race against other runners, and access many other features. **To purchase an iFit Live module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

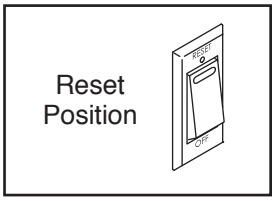
To turn on the power, see page 19. **To use the manual mode,** see page 19. **To use a target toning workout,** see page 22. **To use an iFit Live workout,** see page 23. **To use the sound system,** see page 24. **To change console settings,** see page 25.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO TURN ON THE POWER

IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 16). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.



The display will then light and the console will be ready for use.

Note: When you turn on the power for the first time, the ramp will calibrate automatically. The ramp will move upward and downward as it calibrates. When the ramp stops moving, the ramp is calibrated.

IMPORTANT: If the ramp does not calibrate automatically, see HOW TO CALIBRATE THE RAMP on page 27 and manually calibrate the ramp.

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER at the left.

2. **Select the manual mode.**

   Press the Manual Control button on the console to select the manual mode.

   If a wireless iFit Live module is not inserted into the console and connected to iFit Live, the manual mode will be selected automatically.

3. **Change the resistance of the pedals and the incline of the ramp as desired.**

   As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons located on the console or on the right handlebar.

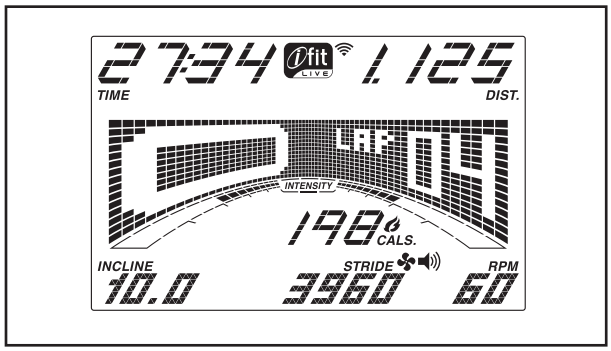
   Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

   To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, press one of the numbered 1 Step Power Ramp buttons or press the 1 Step Power Ramp increase and decrease buttons located on the console or on the left handlebar.

   Note: After you press a button, it will take a moment for the ramp to reach the selected incline level.

4. **Follow your progress with the display.**

The display can show the following workout information:



Calories (Cals.)—This display mode will show the approximate number of calories you have burned.

Calories per Hour (Cals./Hr)—This display mode will show the approximate number of calories you are burning per hour.

Distance (Dist.)—This display mode will show the distance that you have pedaled in miles or kilometers.

Incline—This display mode will show the incline level of the ramp for a few seconds each time the incline level changes.

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor or the included chest heart rate monitor (see step 5 on page 21).

Resistance (Resist.)—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

RPM—This display mode will show your pedaling speed in revolutions per minute (rpm).

Stride—This display mode will show the total number of strides you have pedaled.

Time—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, this display mode will show the time remaining in the workout.

The matrix offers several display tabs. Press the Display button until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

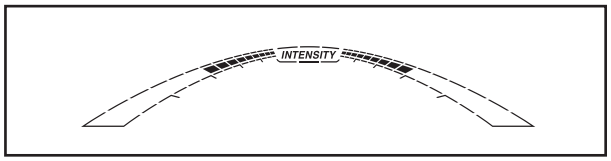
Incline—This tab will show a profile of the incline settings of the workout. A new segment will appear at the end of each minute.

Speed—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

My Trail—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

Calorie—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.

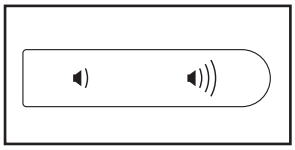


Press the Home button to return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 25 to set the default menu). If necessary, press the Home button again.

When a wireless iFit Live module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.

To exit the manual mode or a workout, press the Home button. If necessary, press the Home button again.

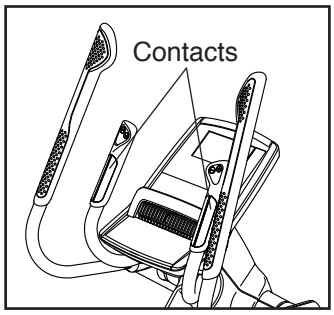
Change the volume level of the console by pressing the Volume increase and decrease buttons.



5. **Measure your heart rate if desired.**

To use the included chest heart rate monitor, see page 15. To use the handgrip heart rate monitor, follow the instructions below. **IMPORTANT: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.**

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

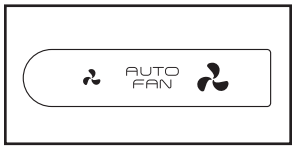


When your pulse is detected, a heart symbol in will flash in the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **Turn on the fan if desired.**

The fan has low, high, and auto speed settings. While the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed. Press the Fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

7. **When you are finished exercising, unplug the power cord.**

If the pedals do not move for several seconds, a tone will sound and the console will pause.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components on the elliptical may wear prematurely.**

HOW TO USE A TARGET TONING WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 19.

2. **Select a target toning workout.**

   To select a target toning workout, press the Quads/Tibiales/Core button, the Glutes/Hams/Quads/Calves button, or the Glutes/Hams/Quads/Calves/Core button repeatedly until the desired workout appears in the display.

   When you select a target toning workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

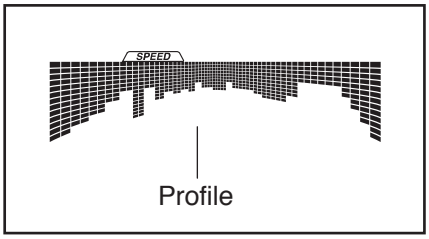
   The display will also show the maximum pedaling speed (rpm), the maximum resistance level, and the maximum ramp level.

3. **Begin pedaling to start the workout.**

   Each workout is divided into one-minute segments. One resistance level, one ramp incline level, and one target rpm (speed) are programmed for each segment. Note: The same resistance level, ramp incline level, and/or target rpm may be programmed for consecutive segments.

   The resistance level, the ramp incline level, and the target rpm for the first segment will appear in the matrix.

   During the workout, the profiles on the speed and incline tabs will show your progress.



   The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed or the incline level for the current segment.

   At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level, ramp incline level, and/or target rpm is programmed for the next segment, the resistance level, ramp incline level, and/or target rpm will appear in the display for a few seconds to alert you. The resistance of the pedals and the incline level of the ramp will then change.

   As you exercise, you will be prompted to keep your pedaling speed near the target rpm for the current segment. When an upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears, decrease your pace. When no arrow appears, maintain your current pace.

   IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.

   If the resistance level or incline level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons or the 1 Step Power Ramp buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment and the ramp will automatically adjust to the incline level programmed for the next segment.**

   The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 20.

5. **Measure your heart rate if desired.**

   See step 5 on page 21.

6. **Turn on the fan if desired.**

   See step 6 on page 21.

7. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 21.

HOW TO USE AN IFIT LIVE WORKOUT

You must have an iFit Live module to use an iFit Live workout.

To purchase an iFit Live module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.

Note: To use an iFit Live module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit.com membership. To use a wireless iFit Live module, you must also have your own wireless network including an 802.11b router with SSID broadcast enabled (hidden networks are not supported).

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the iFit Live module must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 19.

2. **Make sure that the iFit Live module is inserted in the console.**

   To use an iFit Live workout, make sure that the iFit Live module is inserted in the console.

3. **Select the iFit Live mode.**

   To select the iFit Live mode, press the iFit Live button.

4. **Select a user.**

   If more than one user is registered with your iFit.com membership, you can switch users in the iFit Live main screen. Press the increase and decrease buttons next to the Enter button to select a user.

5. **Select an iFit Live workout.**

   To select an iFit Live workout, press one of the iFit Live buttons. Note: Before some workouts will download, you must go to www.iFit.com and add them to your schedule.

   Press the iFit Live button to download the next workout in your schedule. Press the My Trainer button, the My Maps button, the World Tour button, or the Event Training button to download the next workout of that type in your schedule. Press the Compete button to compete in a race that you have previously scheduled. **For more information about the iFit Live workouts, please see www.iFit.com.**

   When you select an iFit Live workout, the display will show the duration of the workout and the approximate number of calories you will burn. The display may also show the name of the workout. If you select a competition workout, the display may count down to the beginning of the race.

6. **Start the workout.**

   See step 3 on page 22.

   During some workouts, the voice of a personal trainer will guide you through your workout. You can select an audio setting for your personal trainer (see HOW TO CHANGE CONSOLE SETTINGS on page 25).

   To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

7. **Follow your progress with the display.**

   See step 4 on page 20.

   The My Trail tab will show a map of the trail you are walking or running or it will show a track and the number of laps you complete.

   During a competition workout, the Competition tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show other competitors. The end of the matrix represents the end of the race.

8. **Measure your heart rate if desired.**

   See step 5 on page 21.

9. **Turn on the fan if desired.**

   See step 6 on page 21.

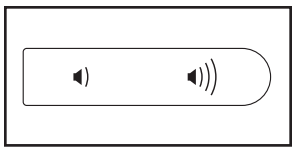
10. **When you are finished exercising, unplug the power cord.**

    See step 7 on page 21.

For more information about the iFit Live mode, go to www.iFit.com.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug the included audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**



Next, press the Play button on your MP3 player or CD player. Adjust the volume level using the Volume increase and decrease buttons on the console or the volume control on your MP3 player or CD player.

HOW TO CHANGE CONSOLE SETTINGS

The console features a user mode that allows you to view usage information, select a unit of measurement, and adjust the contrast level of the display.

When an iFit Live module is connected to the console, you can also use the information mode to choose an audio setting for the voice of the personal trainer, set a default menu, check the status of the iFit Live module, and check for downloads.

1. **Select the information mode.**

   To select the information mode, press and hold down the Display button for a few seconds until the information mode appears in the display.

2. **View usage information.**

   The display will show the total number of hours that the elliptical has been used. The display will also show the total distance (in miles or kilometers) that has been pedaled on the elliptical.

3. **Select a unit of measurement if desired.**

   The word ENGLISH for English miles or the word METRIC for metric kilometers will appear in the display to indicate the currently selected unit of measurement.

   To change the unit of measurement, press the Enter button repeatedly to select the desired unit of measurement.

4. **Determine if an iFit Live module is connected to the console.**

   If an iFit Live module is connected to the console, the display will show the words WIFI MODULE or USB MODULE.

   If no module is connected, the display will show the words NO IFIT MODULE. If no module is connected, go to step 10.

5. **Adjust the contrast level of the display if desired.**

   Press the decrease button to view the contrast level. The currently selected contrast level will appear in the display. Press the 1 Step Power Ramp increase and decrease buttons to adjust the contrast level.

6. **Select an audio setting for the voice of the personal trainer if desired.**

   Press the decrease button to view the audio setting for the voice of the personal trainer. The currently selected audio setting for the voice of the personal trainer will appear in the display.

   To change the audio setting, press the Enter button repeatedly to turn the voice of the personal trainer ON or OFF.

7. **Set the default menu if desired.**

   Press the decrease button to view the default menu setting. The default menu is the menu that will appear when you turn on the console. Press the Enter button repeatedly to select the manual mode main menu or the iFit Live menu as the default menu.

8 **Check the status of the iFit Live module if desired.**

   Press the decrease button to view the iFit Live status display. The words CHECK WIFI STATUS or CHECK USB STATUS will appear in the display.

   Then, press the Enter button. After a few seconds, the status of the iFit Live module will appear in the display. To exit this display, press and hold down the Display button for a few seconds.

9. **Check for downloads if desired.**

   Press the decrease button to view the downloads display. The words SEND/RECEIVE DATA will appear in the display.

   Then, press the Enter button. The console will then check for iFit Live workouts and firmware downloads.

10. **Exit the information mode.**

    Press the Display button to exit the information mode.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 21.

If the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 15.

HOW TO CALIBRATE THE RAMP

If the ramp is not functioning properly, the ramp may need to be calibrated. To calibrate the ramp, press and hold the Quads/Tibiales/Core button for several seconds until the test mode appears in the display.

Press the Quads/Tibiales/Core button again. Then, press the 1 Step Power Ramp increase or decrease button to calibrate the ramp. The ramp will move upward and downward as it calibrates.

When the ramp stops moving, the ramp is calibrated. Then, press the Quads/Tibiales/Core button repeatedly to exit the calibration mode.

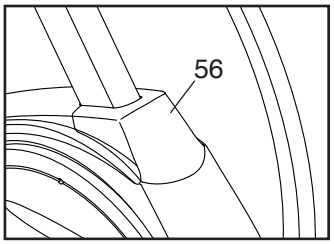
HOW TO GREASE THE ROLLERS

See the EXPLODED DRAWING near the end of this manual. If the Rollers (51) squeak when moving on the Tracks (11), apply a small amount of white marine grease equally to each Roller. Spread the grease evenly around the Rollers. Pedal the elliptical until a thin film of grease is distributed along the Tracks; then, wipe off any excess grease.

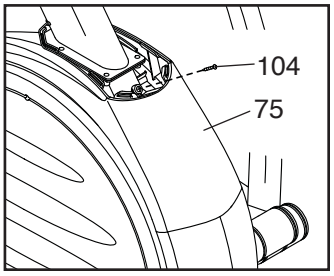
HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

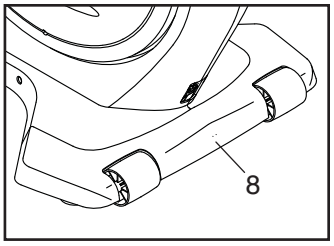
To adjust the drive belt, first use a flat screwdriver to remove the Lower Upright Cover (56).



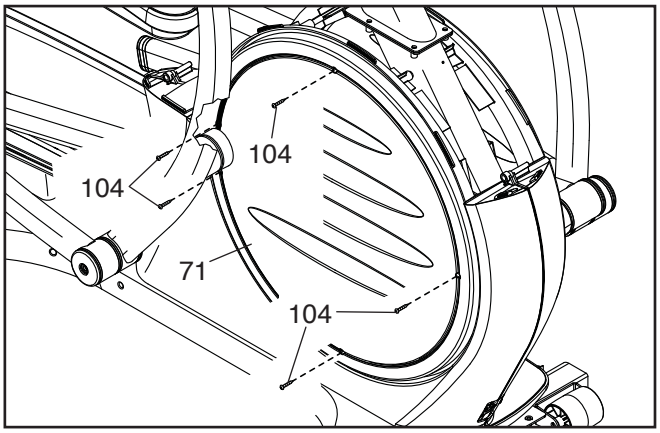
Next, remove the M4 x 16mm Screw (104), and then use a flat screwdriver to remove the Shield Cover (75).



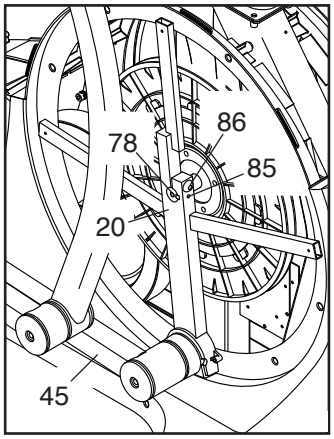
Then, use a flat screwdriver to remove the Front Stabilizer Cover (8).



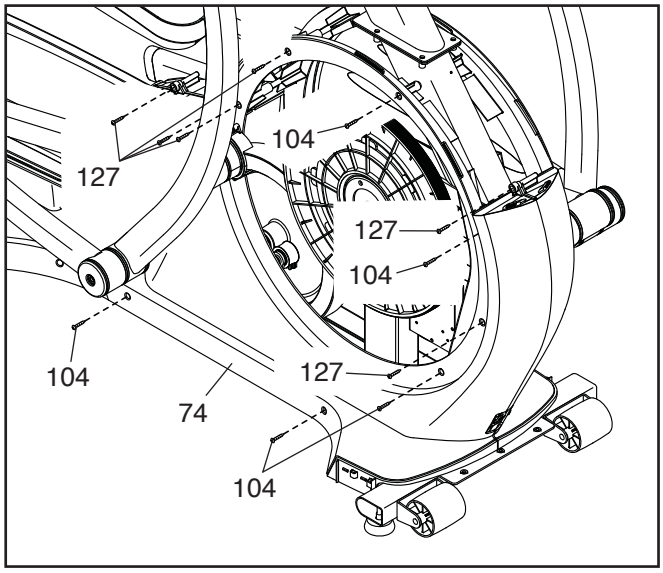
Remove all the M4 x 16mm Screws (104) from the right Disc (71). Then, gently remove the right Disc.



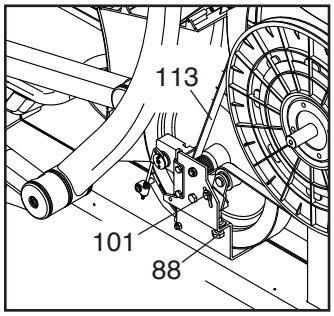
Loosen the M6 x 12mm Hex Screw (85) and the M10 x 58mm Hex Bolt (86). Then, remove the right Crank Arm (20). Gently move the right Crank Arm and the Right Roller Arm (45) out of the way. **Do not misplace the Key (78) while removing the Crank Arm.**



Next, remove all the M4 x 16mm Screws (104) and all the M4 x 22mm Screws (127) from the Right Front Shield (74); **note which size of screw you remove from each hole.** Then, gently remove the Right Front Shield.



Locate and loosen the Idler Screw (101). Next, tighten the Belt Adjustment Screw (88) until the Drive Belt (113) is tight. Then, retighten the Idler Screw.

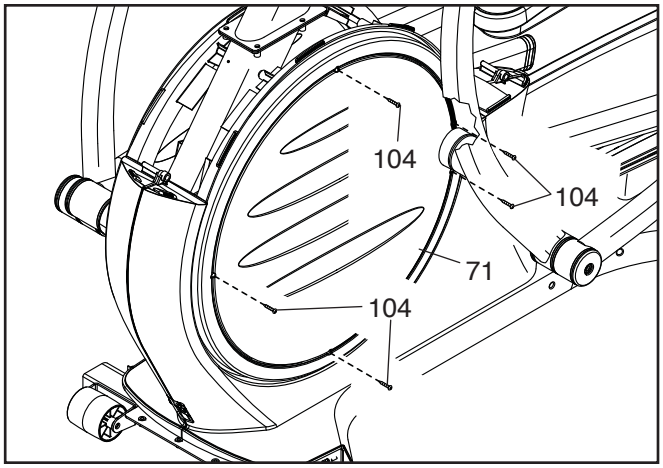


Reattach the right front shield, the right crank arm, the right disc, the front stabilizer cover, the shield cover, and the lower upright cover.

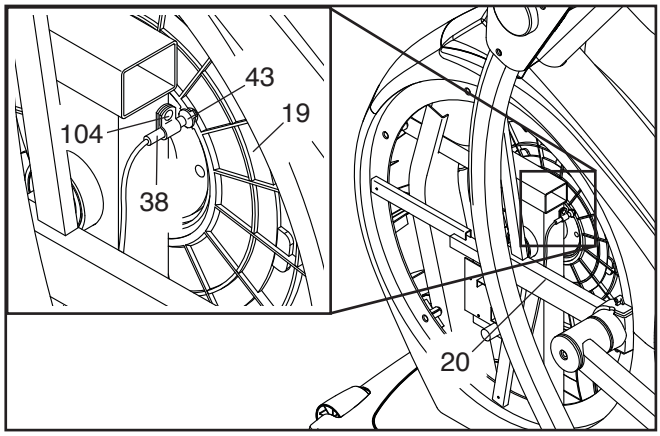
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, first remove all the M4 x 16mm Screws (104) from the left Disc (71). Then, gently remove the left Disc.



Next, locate the Reed Switch (38). Turn the left Crank Arm (20) until one of the Magnets (43) on the Pulley (19) is aligned with the Reed Switch.



Loosen, but do not remove, the M4 x 16mm Screw (104). Slide the Reed Switch (38) slightly closer to or away from the Magnet (43). Then, retighten the Screw. Turn the left Crank Arm (20) for a moment.

Repeat these actions until the console displays correct feedback. Then, reattach the left disc.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST

Model No. NTEL01011.0 R0911C

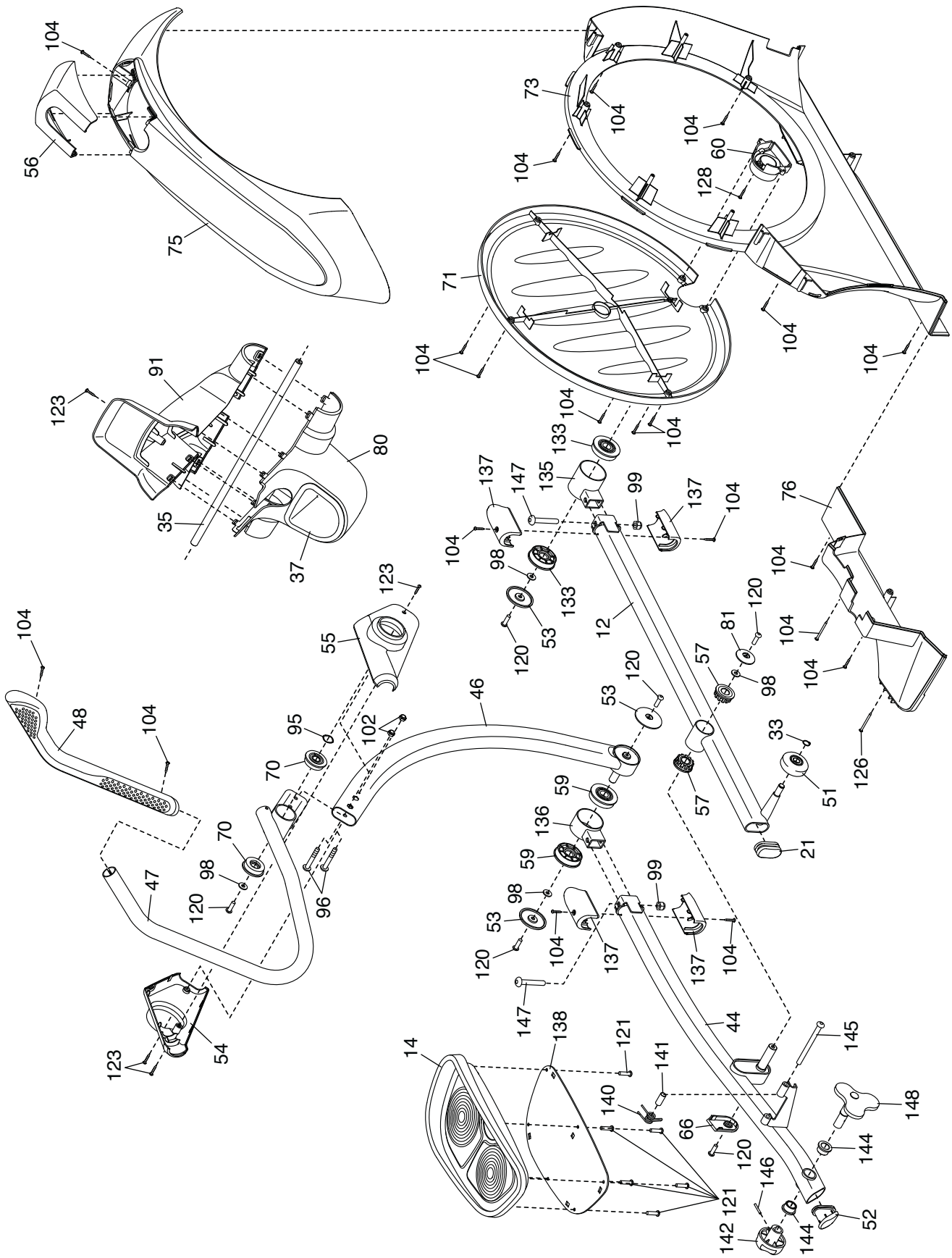
Key No.	Qty.	Description
1	1	Frame
2	1	Rear Stabilizer Cover
3	1	Ramp
4	1	Upright
5	1	Rear Stabilizer
6	1	Front Stabilizer
7	1	Console
8	1	Front Stabilizer Cover
9	1	Bottom Ramp Cover
10	1	Top Ramp Cover
11	2	Track
12	1	Left Roller Arm
13	1	Lift Motor
14	1	Left Pedal
15	1	Control Board
16	1	Power Switch
17	1	Power Cord Grommet
18	1	Crank
19	1	Pulley
20	2	Crank Arm
21	2	Roller Arm Cap
22	1	Idler
23	1	C-magnet
24	1	Motor Bracket
25	1	Resistance Motor
26	1	Resistance Rod
27	1	Resistance Disc
28	1	Flywheel
29	1	Flywheel Axle
30	6	Pivot Bushing
31	1	Lift Axle
32	2	Lift Spacer
33	2	Medium Snap Ring
34	2	Wheel
35	1	Pivot Axle
36	1	Right Upper Body Leg
37	1	Accessory Tray
38	1	Reed Switch
39	1	Clamp
40	2	R14 Bearing
41	1	Right Grip
42	1	Large Snap Ring
43	2	Magnet
44	1	Left Pedal Arm
45	1	Right Roller Arm
46	1	Left Upper Body Leg
47	1	Left Upper Body Arm
48	1	Left Grip
49	1	Right Pedal
50	1	Small Snap Ring
51	2	Roller
52	2	Pedal Arm Cap
53	6	Axle Cover
54	1	Left Outer Cover
55	1	Left Inner Cover
56	1	Lower Upright Cover
57	4	Roller Arm Bushing
58	1	Right Pedal Arm
59	4	Axle Bushing
60	2	Crank Arm Cover
61	1	Right Upper Body Arm
62	1	Resistance Bracket
63	1	Right Sensor/Wire
64	1	M5 x 7mm Screw
65	1	Ramp Axle
66	1	Left Pedal Arm Cover
67	1	Right Outer Cover
68	1	Right Inner Cover
69	1	Left Sensor/Wire
70	4	Pivot Arm Bushing
71	2	Disc
72	2	Ramp Bushing
73	1	Left Front Shield
74	1	Right Front Shield
75	1	Shield Cover
76	1	Left Rear Shield
77	1	Right Rear Shield
78	2	Key
79	5	M6 Locknut
80	1	Rear Upright Cover
81	2	Roller Arm Cover
82	4	M8 x 19mm Screw
83	1	Spacer
84	2	M10 x 90mm Screw
85	2	M6 x 12mm Hex Screw
86	2	M10 x 58mm Hex Bolt
87	1	Right Pedal Arm Cover
88	1	Belt Adjustment Screw
89	1	Pivot Screw
90	1	M6 x 65mm Bolt
91	1	Front Upright Cover
92	4	Leveling Foot
93	9	M4 x 12mm Screw
94	2	Motor Bracket Screw
95	2	Wave Washer
96	4	M8 x 35mm Bolt
97	1	Motor Axle
98	12	M8 x 25mm Washer
99	8	M10 Locknut
100	1	M5 Washer

Key No.	Qty.	Description
101	1	Idler Screw
102	10	M8 Locknut
103	1	M3.5 x 12mm Flat Head Screw
104	46	M4 x 16mm Screw
105	4	M8 x 16mm Hex Screw
106	2	M4 x 13mm Bright Screw
107	4	Standoff
108	2	Small M6 Washer
109	1	Large M6 Washer
110	1	Main Wire
111	2	M5 Nut
112	1	Power Cord
113	1	Drive Belt
114	1	Audio Cable
115	4	Track Screw
116	2	M10 x 105mm Button Bolt
117	30	Mount/Screw
118	1	Control Board Bracket
119	2	M10 x 75mm Screw
120	18	M8 x 16mm Screw
121	12	M6 x 10mm Screw
122	4	M8 Star Washer
123	11	#8 x 3/4" Screw
124	6	#8 x 1/2" Screw
125	2	M6 x 12mm Screw
126	2	M4 x 75mm Screw
127	14	M4 x 22mm Screw
128	2	M4 x 16mm Screw
129	2	M8 x 23mm Washer
130	1	Heart Rate Monitor
131	1	Chest Strap
132	2	1" Grommet
133	4	Crank Arm Bushing
134	1	Ramp Shield
135	2	Roller Arm Flex Bracket
136	2	Pedal Arm Flex Bracket
137	8	Flex Bracket Cover
138	1	Left Pedal Bracket
139	1	Right Pedal Bracket
140	2	Pedal Spring
141	2	Spring Liner
142	2	Pedal Knob
143	1	Right Pedal Adjustment Bracket
144	4	Adjustment Bushing
145	2	Pedal Bracket Screw
146	2	Knob Pin
147	4	M10 x 56mm Bolt
148	1	Left Pedal Adjustment Bracket
149	2	Foot
150	2	Nylon Insert
151	2	Lift Motor Bushing
*	–	User's Manual
*	–	Assembly Tool
*	–	Grease Packet
*	–	Blue Wire
*	–	Green Wire
*	–	White Wire
*	–	Lift Motor Wire A
*	–	Lift Motor Wire B
*	–	Resistance Motor Wire

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

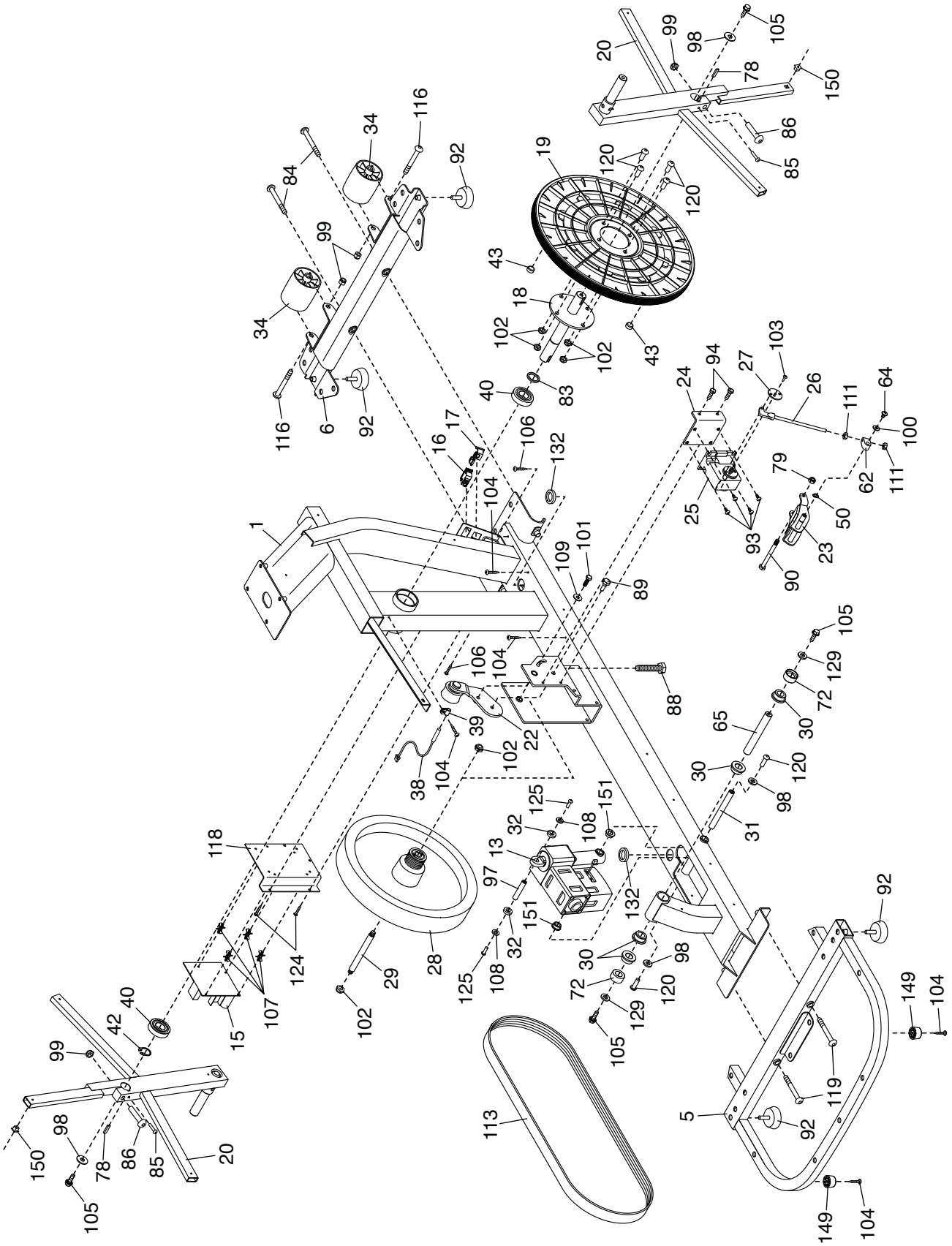
EXPLODED DRAWING A

Model No. NTEL01011.0 R0911C



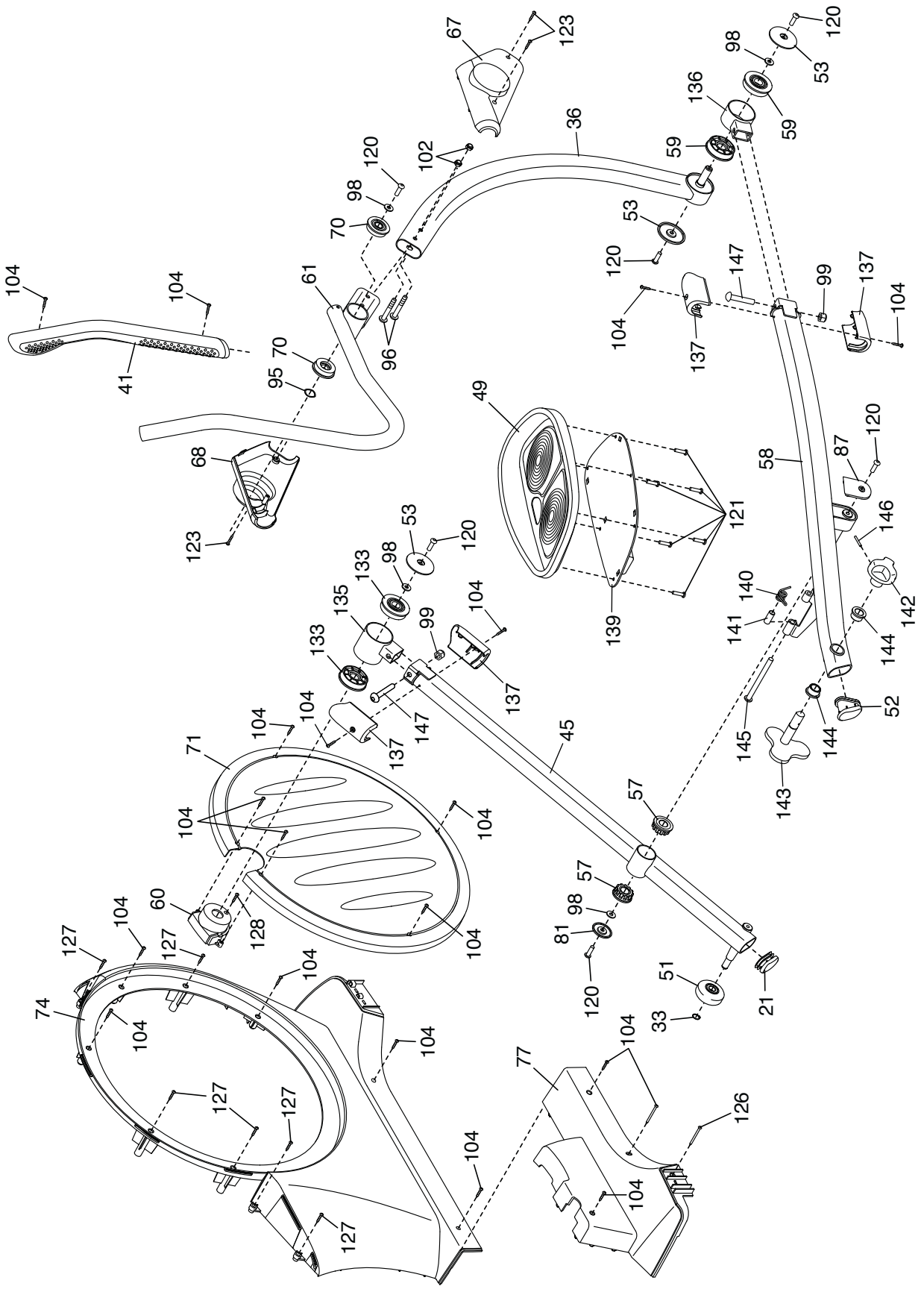
EXPLODED DRAWING B

Model No. NTEL01011.0 R0911C



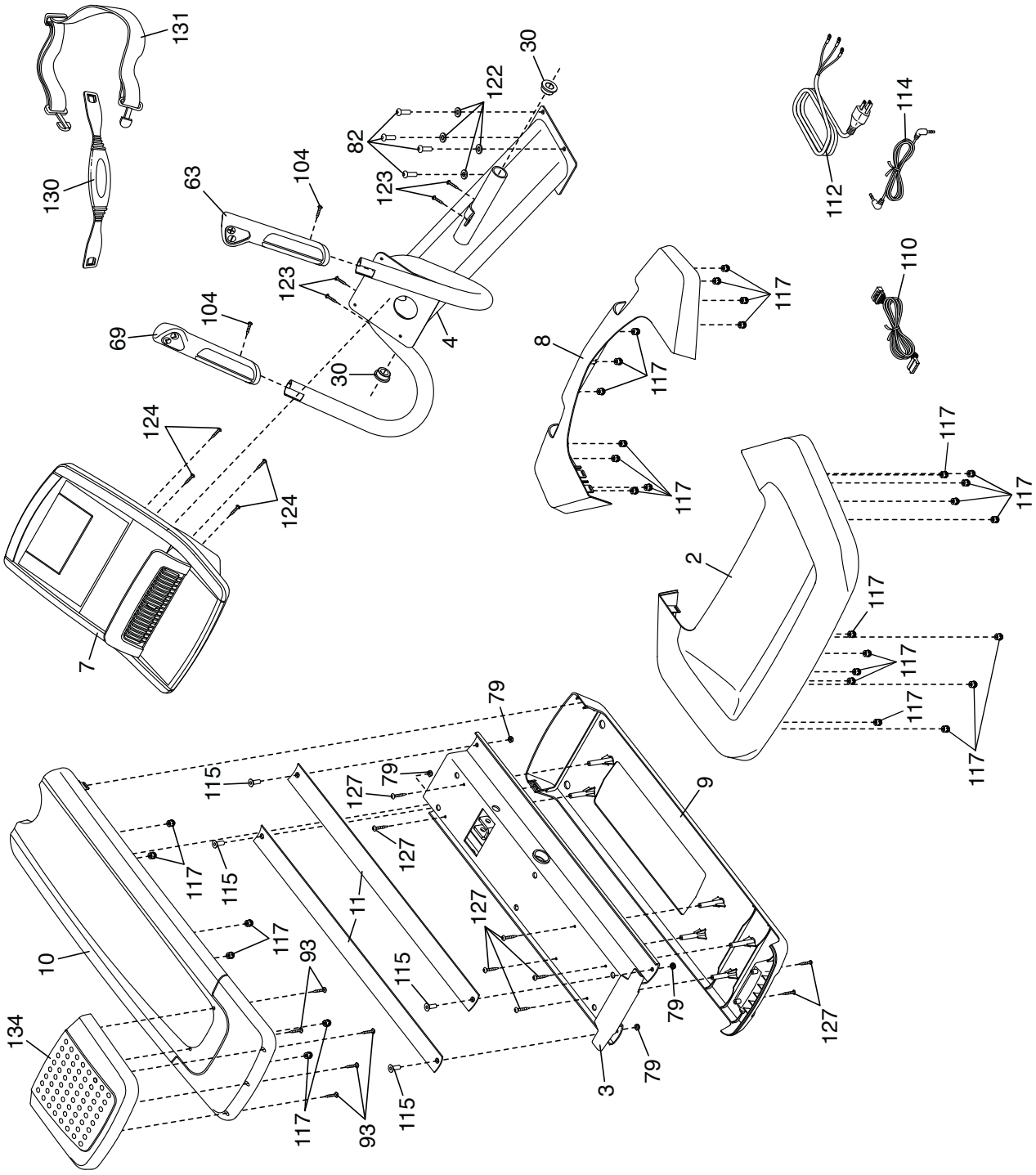
EXPLODED DRAWING C

Model No. NTEL01011.0 R0911C



EXPLODED DRAWING D

Model No. NTEL01011.0 R0911C



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.nordictrackservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts are warranted for three (3) years from the date of purchase. Labor is warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 316091 R0911C

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